

Spiritual Direction Opportunities in the Port Townsend Area

With deep roots in the contemplative Christian tradition, spiritual direction provides attentive companionship for people on their spiritual journey. It is open to anyone seeking to become more aware of and responsive to the presence and call of the Holy in their lives. A trained guide listens and accompanies the directee, asking reflective questions, witnessing moments of spiritual awareness, and encouraging healing and growth. Direction typically takes place in monthly one-with-one settings but can also happen in a group setting. Directors may also be available for leading contemplative retreats.

People seek spiritual direction for a variety of reasons, including a desire to:

- become more attentive to the presence and action of the Holy in their lives
- integrate spirituality into daily life
- discern and make choices or navigate transitions with deeper spiritual awareness
- share disappointments, struggles or losses in a receptive, loving, spiritually attentive environment
- find encouragement for faithful living
- maintain healthy life balance
- explore ways of praying that nurture the divine-human relationship.

Trained spiritual directors in the local area include:

Kathy Couch [Episcopal]	360-437-4145	kack@9knots.com
Elisabeth Rotchford Haight [Christian]	360-385-4198	elisabethhaight@hotmail.com
Marie W. Juncker [Christian Contemplative, Interfaith]	408-710-8717	mariewj3@garlic.com
Rev. Kate Kinney [Episcopal]	206-819-8234	kinneyorcas@gmail.com
Rev. Dr. Marlene Kropf [Mennonite/Episcopal]	360-344-2021	mkropf@ambs.edu
Rev. Carolyn Cristina Manzoni [Buddhist, Christian, Hindu, Interfaith]	360-379-3661	ccmanzoni@olympus.net
Pamela J. Sampel [Roman Catholic Benedictine oblate, Interfaith]	206-406-8832	pamela@pamelasampel.com
Rev. Dr. Robert Slater [Christian]	360-774-1015	robertslater1@gmail.com

Anyone interested in receiving spiritual direction may contact one or more names on the list for an exploratory conversation. Although grounded in their own spiritual journeys and faith traditions, local directors are willing to

meet with and support people of varying faith traditions or no tradition. Ask about fee arrangements, frequency and place of meeting, and any other questions you have. For more information about spiritual directors, see <http://www.sdiworld.org/find-a-spiritual-director>. All members of Spiritual Directors International agree to abide by the Code of Ethical Conduct and receive ongoing supervision for their ministry.

SPIRITUAL DIRECTION: Some “Classic” Titles

Baker, Howard. ***Soul Keeping: Ancient Paths of Spiritual Direction***. NavPress, 1998.

Barry, William A. & William J. Connolly. ***The Practice of Spiritual Direction***. HarperCollins, 1986

Blythe, Teresa A. ***Spiritual Direction 101: The Basics of Spiritual Guidance***. Apocryphile Press, 2018.

Edwards, Tilden. ***Spiritual Director, Spiritual Companion: Guide to Tending the Soul***. Paulist Press, 2001.

Guenther, Margaret. ***Holy Listening: The Art of Spiritual Direction***. Cowley Publications, 1992.

Jones, W. Paul. ***The Art of Spiritual Direction: Giving and Receiving Spiritual Direction***. Upper Room, 2002.

Merton, Thomas. ***Spiritual Direction and Meditation***. The Liturgical Press, 1960.

Phillips, Susan S. ***Candlelight: Illuminating the Art of Spiritual Direction***. Morehouse Publishing, 2008.

Ruffing, Janet K. ***Spiritual Direction: Beyond the Beginnings***. Paulist Press, 2000.

Vest, Norvene, ed. ***Tending the Holy: Spiritual Direction Across Traditions***. Morehouse Publishing, 2003.